



Faulding® Superfoods Chia Seeds 250g Packet

Faulding® Superfoods Chia Seeds Supports digestion, energy & weight control also:

- Supports digestion and is a natural energy source

About this product

Supports digestion + a natural energy source!

Faulding® Chia Seeds contain 100% chia seeds - rich in protein, antioxidants and omega-3. Chia Seeds have been used widely as a remedy for all sorts of health ailments. Our chia seeds are sourced from the native Chia origin of South America. All natural. No preservatives or additives.

Ingredients

100% Chia Seeds

Free from

Gluten, dairy, yeast, lactose, soy, artificial colours, artificial flavours, preservatives, wheat, nuts, animal products, seafood, egg, gelatine, alcohol and aspartame.



Nutritional Information

Servings per package: 10

Serving size: 10g (2 teaspoons)

	Quantity per serving	Quantity per 100g
Energy	187kj	1870kj
Protein	2.1g	20.7g
Fat, total	3.1g	31.3g
Saturated	<1g	3.3g
Monounsaturated	<1g	2.0g
Polyunsaturated	2.7g	26.0g
Omega 3 (Alpha Linolenic Acid)	1.9g	19.2g
Trans	<1g	<1g
Carbohydrate	<1g	4.7g
Sugars	<1g	<1g
Fibre	0.4g	37.3g
Sodium	0.005mg	0.5mg

Contains

Sugar/sucrose, sodium

Directions for use

Mix 2 teaspoons (10g) of Faulding® Chia Seed Powder into water, juices, smoothies, cereal or yoghurt and enjoy the great chia seed goodness.

Product Storage

Store in a cool, dry place.

Barcode

9316100000095

Product Dimensions

178mm H x 135mm W x 45mm D